# Evening World Daily Magazine



# How to Keep Your Youth

PAULINE FURLONG'S HEALTH TALKS

The "slapping massage" should

be given with open palm in firm,

rapid strokes to fatty parts of

1917 by five Pints Publishing Co. (The New York Evening World.) Restoring Shrunken Neck Muscles to Firmness and

OR the fat, grotesque or wasted chin, abrivelled neck, bollow cheeks, &c., which are the glaring indications of advancing age, shrunken muscles and general physical deterioration, there is but one cure, and that is the treatment of the underlying muscles and general restoring of them to their former firmness and plumpness.

Women must not depend on skin foods and other preparations to build the tissues and muscles, and their use is simply advised to lubricate the hands and prevent pulling and further loosening and sagging of the flesh. A pure skin food does nourish a dry, shrivelled and sallow skin, but, I dare say, the rubbing, if properly done, does as much, if not more, toward nourishing the tissues as the cream itself.

However, diet of wholesome foods, hasten the restoration and developabundance of water drinking and a ment of the muscles in these parts. great amount of fresh air are na- To-day's picture shows the "slapture's own beautifiers and do more ping massage," which should be to make the complexion youthful given with the open palm of the hand than any local applications.

Deeply massaged muscles will in- fatty parts of the chin and sallow, crease in size and quality at a re- wrinkled neck. A good, wholesome markable rate of speed, and it is cold cream should also be used with rather a difficult matter to exercise this form of massage and the entire the muscles of the face and neck; lower face must be given a very cold rubbing, pounding with the closed water bath after the treatment. Alfists, slapping and other vigorous ways massage the face, neck and massage methods should be used to chin upward.

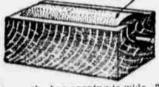
Answers to Health and Beauty Questions.

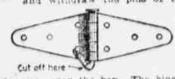
LOST WEIGHT AND GAINED moderate exercise will be best for BETTER HEALTH-MARY E.: you, but you also need a doctor's ad-Many thanks for your kind letter. I am glad you have gained so much health and strength through the exercises. I cannot tell you what you should weigh because you failed to for this. Use bag-punching and heavy massage with a rolling pin, applied by appointment of the strength of the streng am glad you have gained so much give me your age and height.

plied by another person. COCOA BUTTER-B. P.: Cocoa butter is used as a lubricant for the I hands by those who massage, because | it is nourishing to the skin and fatit is nourishing to the skin and fat-tening. I do not see why it would not remove the coarse pores or pim-not be wholesome to eat, but, of ples. Use warm water and any pure course, not as nourishing as ordinary scap, but remove the lather at once and rinse the skin, with first warm butter.

SCARS FROM THE ELECTRIC minutes. Then apply alcohol en puff of cotton to the large pores. NEEDLE-M. L. H.: If the hairs had been removed by a competent person the scars would not have been left on your face. I am sure that this is the only method of removing superfluous hair, but you must know the person who performs the operation, otherwise the face may be scarred

EXERCISES FOR HIGH BLOOD PRESSURE AND HARDENING OF THE ARTERIES—MRS, A. R. G.: These are all medical queries and I am not a doctor. Light diet and very





egripted by permission from Popular Belence Monthly.)

Why Not?

By Maurice Ketten



## The Evening World's Kiddie Klub Korner

### Seeing America By Uncle Harry

The Old Dominion

64 THER is the part of Virginia | gints then, but the English Towarant where Fernhants lived," sold Mrs. Martin, but we can't see the place where she caved Capt. John Smith, Nobody knows Hollywood Commercy, where it is

They had left Washington the day before for a delightful trip down the Potomac River and Chesapeake Hay They had had a glimpon of Fortress Monroe, and Teldy and Trie had son and the Conference on the great first of American met here during the Civil War.

"And this is the most precision of the chance at the enemy.

Now they were satting up the James they stopped before the spingle markle figure of Washington, by the control of the spingle markle figure of Washington, by the first ward they stopped before the spingle figure of the

filter to flickment One historic point after another was passed, the scene of the battle between the Monitor and the Merrimac, and Jamestown, where in 1807, the English made their first settlement in America. Further on they saw the old colonial houses of celebrated catates.

"We'll go to the church first," said Mrs Martin when they arrived in Richmend She amilied when Trix said it wasn't Sunday Presently their car stopped before in old, old building, "This is St. John's hurch," said har mother, "and it was bere that Patrick Henry mad his famous speech; Give me liberty or give me death." Williamsburg was the capital of Virginia's certainly doing her share now."

### Cousin Eleanor's Klub Kolumn

Dear Cousins:

To-day is the final day for Kiddle To-day is the final day for Kiddle on the programme for even one Kinh Tryouts. To-day Mrs. Laura artist. Elliot will hear the songsters among

in that large institution, which does more splendid work in developing kiddles who have natural musical tal ent than any other institution that I know. I sincerely hope that no cousin who can sing will miss the great op-portunity of being heard by Mrs. El-

you and also those who impersonate at the Music School Settlement, No. 55 East Third Street.

Mrs. Elliot is professor of singing in that large institution, which does

Cousin Eleanor. Doing Our Bit.

AWARD WINNER. brother Jim is a soldier in the United States Army, and when I meet other boys they

Dortunity of being heard by Mrs. Elilot.

To day the tryout for toe dancers and elocutionists is to be held at the studio of Mile. Beatrice, No. 745 Riverside Drive (corner 152d Street). Those kiddles who are not accepted to take part in the Christmas performance must not feel hurt because, as you could all easily see at our first tryout, we have enough taient in the kiub for five performances, while there is only time for one. It does not necessarily mean that your dance ing, singing or playing was not good ing, singing or playing was not good on week days and on Saturday I run with orders for a grocer in our neighborhood. If there are a lot of orders I get 50 cents, but otherwise I get 35 cents. My sister, who is four-teen years old, is in this scheme with me, and she puts any nickels or dinus she gets in a bank with my salary, and when we get \$5, we're going to have a store downtown fit up one of those Christmas boxes with cake and jellies, preserves and mince pies, and if it isn't too high, we may put a amail those Christmas boxes with cake and fellies, preserves and mince pies, and if it isn't too high, we may put a small chicken in and lots of other sweets. My mother or Jim don't know any thing about this, but I know my brother will be crisay about it. By BILLIE RANKIN, age eleven, No. 477 St. John's Place, Brooklyn.

"The not in the habit of lying about inconsequential facts," he said.

Miss Rexford sighed gently.

"Either you're a wonderful prevaricator or else you're frightfully ingenieur," she said, tempering the indictment with a gay little laugh. "Why did you take this boat?"

"It was the first one I could get."

"Ned didn't tell you—or Mr. Kirbiddin't—that we'd taken passage on it."

"No one told me."

"No one told me."

Miss Rexford slowed to a halt, and Hollister naturally stopped, too. They had been walking aft; they pansed in the shelter of a lifeboat and fought out an optical battle of short duration. "It only goes to show that we'd better understand each other now." said Miss Rexford "There's no use full-bling around at cross purposes like." "An I precipitate? I anderstood grows as the same of t

HOW TO JOIN THE KLUB AND



Beginning with and sem-ber, the out six of the new rons, like 203-204-205-



COUPON NO. 253

### Hollister Obeys a Secret Order And Meets New Surprises At Every Turn

The vessel sot under way without the pins of the and withdraw the pins of the search of the pins of the weather began to grow rough Holtinger clining to his seat on deck.

Freshtly he knew that some one had descended the steps and was clinking desperately to the door family and apotheosizing the god of the waters. A fairly heavy sea was remained to replace the pins i found it impossible to rivet them, because I could not hit them hard enough to form a rivet.

I used the box with loose pins until an easy solution occurred to me. This was to take long spikes, allp them through the hinges as far as they would go, and bend them sharply with strong pilers, as shown in the finistration, after which they were cut off half-way on the bend.

This same method can with advantage be used in cases where it is desired to change a loose-pin butt is a fast-pin one and where riveting in termsenticable.

The vessel got under way without incleded and be breathed on relief.

They were scarcely started on the dulways been in consistant attendance one of Ned Ballins dinner party had always been in consistent cone of Ned Ballins dinner party had always been in consistant when the said they on the said to he search on deck.

Fresently he knew that some one in the weather began to grow rough Holting to the contract must have hired him as a family watch doe.

Freshelly he knew that some one in the course of five or is minutes.

In the down here it also on the finite property or is minutes.

In the course of the p

less in abject fear that he was going to Hermudto. He clung passionately to the going to Hermuddoor frame and gave Hollister the Hollister, who look of a paw-fast animal. Hollister's memory skipped one cylinder would have replicately memory skipped one cylinder to Times Sq and sudgenly exploded. He

A Load Fancil Sharpener With Dust

Cultertor Pan.

This has we do cultiple to plant of the county of Riveting Is Impossible.

Some time ago, having lost the key to my toolbox, I had to file off and withdraw the pins of the long and and withdraw the pins of the long and and withdraw the pins of the long and withdraw the pins of the long and the l

the kinship of Ballin's uncle to Ned skirmishing he strode confidently for-Ballin, he replied: "Why, yes." For the life of him he couldn't help add-

"You don't mean—she's with you!"
"Certainly. She and Miss Rexford."
"And—pot Mr. Hartwell?"
"No. He's in town."
"Nor Ned, nor Pete Kirby?"

a month."
Hollister was both stupefied gard the foreconal animosity, thrilled. Just the three of them! Twoto a passing to a passing Bermuda! Time to talk to Ballin's
split of chamcousin; time to talk to Miss Resperd;
time to talk to Mr. Cloud! Time to
talk to Mr. Cloud! Time to
play detective—to learn all that he
was aquiver to understand. And—Hallin's cousin was on board!

shout his TT wasn't until the following day. however, that Hollister caucht an his first glimpes of Ballin's cousin. In the mean time she

the life of him he country was and lent him an appearance of welcome was doubly delightful to

# ISOBEL

# A STORY OF THE BIG NORTH WOODS

Balkin's cousin analty got control of "B

"Because," said Hollister with slacreturn it to you with my compliments

(To Be Continued Monday.)